#### YOU CAN MAKE A DIFFERENCE

Information,
Prevention and
Treatment Referrals, and
Other Resources are
Available 24 hours a Day
from the Massachusetts
Substance Abuse
Information and
Education Helpline/

800-327-5050 (TOLL-FREE; MULTI-LINGUAL) TTY: 617-536-5872 WWW.HELPLINE-ONLINE.COM

THE MEDICAL FOUNDATION.



ADDITIONAL INFORMATION AND STATISTICS ARE AVAILABLE FROM:

- Massachusetts Youth Health Survey, October 2002 www.state.ma.us/dph/bsas
- Massachusetts Youth Risk Behavior Survey www.doe.mass.edu/hssss/yrbs/ 01/results.pdf
- National Center on Addiction and Substance Abuse at Columbia University www.casacolumbia.org
- Monitoring the Future, Overview of Key Findings 2002 www.monitoringthefuture.org
- Office of National Drug Control Policy www.whitehousedrugpolicy.gov
- Parents. The Anti Drug www.theantidrug.com
- Partnership for a Drug-Free America www.drugfreeamerica.org
- U. S. Department of Health and Human Services www.health.org

# Be the first to TALK WITH YOUR PRE-TEEN about ALCOHOL, TOBACCO, and other DRUGS

#### INFORMATION FOR FAMILIES



# HOW CAN I LEARN MORE? WHERE CAN MY FAMILY GO FOR HELP?

#### MASSACHUSETTS RESOURCES

Massachusetts Substance Abuse Information and Referral Helpline 800-327-5050 (toll free; multi-lingual) TTY: 617-536-5872 • www.helpline-online.com Information, treatment referrals, 24 hours a day

Massachusetts and Rhode Island Poison Control Center 800-222-1222 (toll free) • TTY: 888-244-5313 www.marispoisoncenter.com Information, 24-hour hotline

#### Al-Anon

888-4AL-ANON (toll free) • www.al-anon.org Groups to help friends and families of alcoholics. Alateen is for young Al-Anon members. No fees, anonymous.

Center for Adolescent Substance Abuse Research, Children's Hospital, Boston 617-355-5433 • www.ceasar-boston.org Information, diagnosis, assessment, referral

Massachusetts Regional Centers for Healthy Communities For the location nearest you, call 800-327-5050 www.state.ma.us/dph/ohc/reghealthcenters.htm Resources, community programs

Massachusetts Department of Public Health, Bureau of Substance Abuse Services www.state.ma.us/dph/bsas/BSAS.htm Information, statistics, publications

Massachusetts Inhalant Abuse Task Force 617-624-5111 • TTY: 617-536-5186 www.state.ma.us/dph/inhalant Information, publications



#### NATIONAL RESOURCES

Campaign for Tobacco-Free Kids 202-296-5469 • www.tobaccofreekids.org Information, advocacy

#### Family Matters

University of North Carolina School of Public Health • www.sph.unc.edu/familymatters Publications, step-by-step on-line guide

#### Join Together

www.jointogether.org Information, publications, advocacy

## National Clearinghouse for Alcohol and Drug Information

800-729-6686 (toll free; English and Spanish) www.health.org Information, publications, referrals National Council on Alcoholism and Drug Dependence • 800-NCA-CALL (toll free) www.ncadd.org • Information, referrals

### National Institute on Drug Abuse www.nida.nih.gov • Information

Parents. The Anti-Drug. (multi-lingual) www.theantidrug.com • Information, advice

#### PTA Commonsense

pta.org/commonsense • Information, advice

#### Substance Abuse and Mental Health Services Administration (SAMHSA)

800-662-HELP (toll free) 800-662-9832 (toll free; Spanish) TDD: 800-487-4889

www.samhsa.gov • Information, referrals, helpline